

Healthy Choices for Cherry County



Find Support • Find Help • Find Hope

A quick guide to local help and national support if you or someone you know needs it.



Local Mental Health Services

A Better Spirit Counseling Center

 349 N. Main St., Ainsworth, NE

 402-992-1512

✓ Counseling and mental health support

Child & Adolescent Psychiatry – Boys Town

 Services through Cherry County Hospital, Valentine, NE

 531-355-1449

✓ Individualized treatment planning for youth and families

Counseling Services – Janice Tetherow, LIMHP

 442 North Cherry St., Valentine, NE

 402-807-0362

 402-376-1000

✓ Anxiety, depression, PTSD, ADHD, and chronic pain

Heartland Counseling Services, Inc.

 Region 4 Office, O'Neill, NE

 402-336-2800

✓ Outpatient, substance use, education, and prevention

Hope Collaborative, LLC

 Telehealth services available statewide in Nebraska

 402-696-6419

 hope-omaha.com

✓ Counseling for students, athletes, and adults

Midwest Country Clinic, LLC

 407 Clark St., Bassett, NE 68714

 402-684-2908

✓ Individual therapy, couples and family counseling

SAMHSA National Helpline

 1-800-662-4357

✓ Mental health and substance use

✓ Available 24/7

Telehealth Psychiatry Clinic – Cherry County Hospital

 510 N Green St., Valentine, NE

 402-454-7454

 402-376-2525

✓ Telepsychiatry services

Tranquil Lotus Collaborative (TLC)

 1909 Vicki Ln Ste 105, Norfolk, NE 68701

 402-256-7883

 tranquillotuscollaborative.org

✓ Mental health and substance use counseling

Western Nebraska Behavioral Health

 Gordon / Rushville, NE (services available in Valentine)

 308-327-2026

 402-327-2126

✓ Services for children, teens, families, adults, and couples



Need Help Right Now?

988 Suicide & Crisis Lifeline

 **Dial 988**

- Call or text anytime
- Free and confidential support 24/7

